

## **Abstract**

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**Title:** Case report of physiotherapy care of patient with distortion of the ankle

**Objectives:** The objective of this bachelor thesis is to introduce the theory of the topic, summarise the knowledge in the area of complex rehabilitation of patients with distortion of the ankle, and introducing this knowledge in practice. Also, to learn to conduct regular therapy based on prepared short and long term rehabilitation plan and to compile a case report of a patient with this diagnosis.

**Methods:** In the general part of the thesis we use the background research for anatomical, kinesiological and biomechanical findings of the ankle joint, and also findings about ankle distortion, its diagnostics, treatment and therapy. In the special part we describe in detail the case report of a patient with a distortion of the ankle, treated in the course of a professional experience at the Institute for Clinical and Experimental Medicine (IKEM) in Prague under the supervision of Bc. Robert Charvát. We use several physiotherapeutic methods to improve the patient's health. We provide input and output kinesiological analysis, proposal of short and long term rehabilitation, and we detail individual therapies and their assessment.

**Results:** We fulfilled the set objectives. We compiled the theoretical findings of this area of expertise. As to the patient, both the swelling and the pain in the ankle were reduced. The joint range has increased and the looseness of other leg joints was improved. The patient's stability was improved and the muscle strength improved for weakened muscles, while the tonus was reduced in hypertonic muscles. We also managed to improve the fascia elongation and movement in the area.

**Key words:** distortion, ankle joint, physiotherapy, case report, rehabilitation